

## Mexican Casserole

Preparation Time: 1 hour, 45 minutes

### Ingredients:

- 4 oz uncooked ziti pasta
- 2 medium onions, chopped
- 1 garlic clove, minced
- 2 medium carrots, finely chopped
- 1 green pepper, chopped
- 1 medium zucchini, chopped
- 1 16 oz can no added salt tomatoes, undrained
- 1 8oz can no added salt tomato sauce
- 1 tsp oregano
- 1 16oz can black beans, rinsed and drained
- 1 10 oz package frozen corn, thawed
- 2 Tbsp green chilies, chopped
- 8 oz fat free ricotta cheese
- 4 oz shredded low-fat Monterey Jack cheese



Directions: Cook ziti according to package directions without salt; drain well. Preheat oven to 375°F. Coat a Dutch oven or large pot with cooking spray. Add onions, garlic, carrots, peppers, and zucchini; saute over medium heat for 10 minutes, stirring often. Stir in tomatoes, tomato sauce, and oregano. Bring to a boil; reduce heat to low, simmering 15 minutes. Stir in beans, corn, chilies. Cook for 5 minutes. Remove from heat; add pasta and cheeses, tossing gently. Spoon into a 9-inch square baking dish coated with cooking spray. Bake for 30 minutes or until heated through. Let stand 5 minutes before serving.

# Servings: 6

Cups of F & V Per Person: 3

Serving Size: 1/6 recipe

### Nutritional Facts:

Calories 320

Total fat 5g

Saturated fat 3g

Cholesterol 20g

Sodium 510g

Total Carbohydrates 52g

Dietary fiber 10g

Sugar 12g

Protein 18g

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